

## **Pre-Release Handout:**

### **Criminal History 3-Minute Drill Worksheet**

I made a mistake. This is something I've regretted ever since, but through my rehabilitation I've learned a lot about myself and set some goals that I'm proud of. I've been out of trouble since I was paroled and I intend to stay that way.

On the application I stated that I had been convicted of a crime, which I'd explain during the interview. I would like to do that now, if it's OK with you.

**OR** I need to share an unpleasant part of my past.

In \_\_\_\_\_ (year) I was arrested and convicted of a class \_\_\_\_\_ Felony. As a result of that conviction I was sentenced to \_\_\_\_\_ years in prison. I served \_\_\_\_\_ years in the Department of Correction and was released early because of good behavior and successful completion of an intense, substance abuse program.

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I am currently on parole, **OR** I have successfully completed supervision.

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At the time I committed my crime my judgment was clouded by \_\_\_\_\_ (drugs) (alcohol) (divorce) (friends-peer pressure) (financial stress) (poor values). I know that I made a bad choice and it resulted in a serious mistake. I truly regret that. **OR** at that time, I thought that I could cope with my problems and my personal pain by drinking and doing drugs. I know that I made a serious mistake and truly regret it.

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I now know that my mistake caused a great deal of grief for many people. I truly regret I used such poor judgment but I did and I am dealing with that.

**OR** looking back I can see how harmful it all was. Before I went to prison I thought I could cope with my problems by using drugs and alcohol. I know that I made a serious mistake and I truly regret using such poor judgment. Understanding the impact of my poor judgment on both others and myself has changed my perspective and brought significant meaning to using my life for a positive influence.

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The situation caused me to examine my life and I found a number of things that needed to be changed. I've used my time in the DOC system wisely and dealt with the defects of character that were at the root of my problem. I dealt with them in a mature manner. The most important result is that I am highly motivated to do what ever it takes to grow beyond my past mistakes. This is one of the reasons I'm so interested in working here.

I am now \_\_\_\_\_

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\_\_\_\_\_ (married) (have a new baby) (an usher at my church)  
(enrolled in a local trade school), and I \_\_\_\_\_ (continue to see a counselor)  
(am an active member in AA or NA) (have been clean and sober for \_\_\_\_\_ years)  
(have completed my GED) (have my Associates Degree) (have my HVAC Certification)  
(am enrolled in a local trade school) (have my welding certificate). I am a volunteer at  
\_\_\_\_\_ (The Red Cross)(Habitat for Humanity)(The United Way)(The YMCA)(The March  
of Dimes)(The Adult Literacy Program).

I'm aware that my past actions could cause you to question my judgment and character, but I'm willing to do what ever is necessary to prove myself. I am willing to submit to close supervision, serve a long probationary period, or do whatever it reasonably takes to prove myself to you as a responsible employee.

- What will be my initial duties?
- May I meet my supervisor?
- May I see my work area?